



# FAMILY ADVOCACY

Building Stronger Relationships!

January	MON	TUE	WED	THU	FRI
				1	2
	5	6	7 Playgroup 1000 – 1100	8	9 Playgroup 1000 – 1100
	12	13	14 Playgroup 1000 – 1100	15 Potty Training 1830-2000	16
	19	20	21	22	23 Playgroup 1000 – 1100
	26	27	28 Playgroup 1000 – 1100	29	30 Playgroup 1000 – 1100



February	MON	TUE	WED	THU	FRI
	2	3	4 Playgroup 1000 – 1100	5	6 Playgroup 1000 – 1100
	9	10	11 Playgroup 1000 – 1100	12 Temper Tantrums-What To Do 1830 – 2000	13 Playgroup 1000 – 1100
	16	17	18 Playgroup 1000 – 1100	19	20 Playgroup 1000 – 1100
	23	24	25 Playgroup 1000 – 1100	26	27 Playgroup 1000 – 1100

**Playgroup:** A much needed social and fun environment for parents, childcare providers, and children. No registration required. Join us at the Child Development Center, Building 1776 from 1000-1100.

## PARENTING WORKSHOPS

*All classes below are located at the Post Chapel*

**Infant/Child CPR:** Learn this important skill that is imperative to know if you have children or are around children. Childcare is provided free of charge. This class does not offer a certification.

March	MON	TUE	WED	THU	FRI
	1	2	3 Playgroup 1000 – 1100	4	5 Playgroup 1000 – 1100
	8	9	10 Playgroup 1000 – 1100	11 Infant/Child CPR 1830 – 2000	12 Playgroup 1000 – 1100
	15	16	17 Playgroup 1000 – 1100	18	19 Playgroup 1000 – 1100
	22	23	24 Playgroup 1000 – 1100	25	26 Playgroup 1000 – 1100
	29	30	31 Playgroup 1000 – 1100		

**Potty Training Classes:** This class will teach parents what signals toddlers give that indicate they are ready for potty training and tips to make this a successful transition.

**Temper Tantrums - What To Do:** This class focuses on the reasons children misbehave and how to stop this undesirable behavior.

**For more information and to register for classes, call 301-619-3404.**

*All programs are open to military and civilian employees. Participants who attend any of the classes can receive up to a 10 percent discount on their monthly childcare fees at the Child Development Center and School Age/Youth Services. Active duty military personnel may be eligible to receive credit toward promotion points for class participation. Registration is required for all classes unless otherwise specified.*

**[www.detrick.army.mil/wellbeing](http://www.detrick.army.mil/wellbeing)**

